HOPELESS RAMEN-TIC  🍜
This ramen is incredibly flavorful with spicy, nutty, sweet & salty notes. It is perfect for those cold nights when you need a cozy, healthy dinner fast. You can eat this ramen recipe solo or add as many sautéed or fresh toppings as you’d like.

FEB 11 @3P / FEB 13 @3P

MY HEART GOES BIBIMBAP
This bowl is a popular Korean dish that is the ultimate comfort food. Part of the dish’s appeal is the color of the ingredients atop the rice. Bibimbap is a simple, healthy meal to prepare and can be shared with a crowd or easily meal prepped.

FEB 12 @12P & 2P

HASH-TAG BREAKFAST  🍳
#HeavenlyBreakfastBowl! Breakfast is a great way to get your brain and body running. This dish is packed with hearty veggies and protein, making it a perfect way to start your day. Share this picture-worthy breakfast hash with your friends!

FEB 18 @3P / FEB 20 @3P

VEGETABLE MEETS LASAGNA  🍆
An eggplant and zucchini walk into an Italian restaurant to meet their friend lentil. They get mixed with some tomato sauce and layered with cheese to create this wonderful creation we call "lasagna." Best part? It’s all made in the microwave.

MAR 4 @3P / MAR 6 @3P

COUSCOUS: IT'S SO NICE THEY NAMED IT TWICE  🌿
Couscous is a dish native to Morocco, though other nations have made their own adaptations. This recipe features a roasted veggie medley with Moroccan spices. Couscous is the perfect dish to meal prep and enjoy throughout the week!

MAR 12 @12P & 2P

LET’S TAKE WHISKS: PLANT-BASED BAKING  🍪
Plant-based baking is the hottest trend and you can learn how to sweeten the deal with our dairy-free chocolate mousse. This decadent treat is a healthy way to take a minute to indulge. Cake back and enjoy this sweet treat with us!

MAR 19 @12P & 2P

APPE-THAI-ZING NOODLES  🍝
Sawadea! (The Thai greeting for "hello"). Pad Thai is a national dish of Thailand, combining sweet, sour, salty, and spicy flavors with savory noodles and an added crunch. Let’s tackle this Thai dish and make some Appe-Thai-Zing noodles!

APR 9 @12P & 2P

ALOHA, POKE!
Poke (po-kay) is a dish native to Hawaiian cuisine! Take a study break and learn how to give your taste buds a slice of paradise with this ahi tuna poke bowl. We’ll practice measuring ingredients & learn how to safely handle raw fish. Mahalo!

APR 15 @3P / APR 17 @3P

TACO TUESDAY 🌮
Surround yourself with tacos, not negativity. Plant based taco meat is a great way to sneak more vegetables into your day. We’ll be making a quick and easy vegan taco filling, drizzled with a fresh, homemade chimichurri that's sure to impress.

APR 30 @12P & 2P

Sign up at: tinyurl.com/CHEWSpring2019

Spring 2019
Free for SJSU Students
Located in SWC 122
Walk-ins accepted
All classes 1 hr, 15 min
Sign up for any 2 classes

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Vegetarian or Vegan Friendly

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